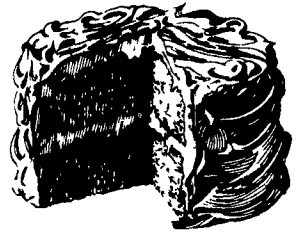


Home On The Range



Fruit: Perfect For Warm-Weather Dining

When it comes to summer meals, almost every cook has the same requirements. The dish should be refreshing, kind to both pocketbook and waistline and get you out of the kitchen fast!

Impossible? Of course not. It's easy when you use fruits and vegetables.

Take advantage of the delightful fresh fruits of the season. Match them to one of our contributor's recipes, and you'll have a tailor-made dish to soothe picky eaters even on the most sultry days.

Recently, I read that women did not include enough fruits and vegetables in their diets. Don't be one of the statistics. All you need is some fruit and a few minutes to concoct a dish that's a summer dream.

FROZEN WALDORF SALAD

1 (9-ounces) can crushed pineapple
2 eggs, slightly beaten
½ cup sugar
¼ cup lemon juice
¼ cup mayonnaise
2 medium apples
dash of salt
½ cup whipping cream
½ cup diced celery
½ cup chopped nuts
½ cup small marshmallows

Drain pineapple, reserving syrup. Mix together eggs, sugar, lemon juice, salt and syrup. Cook over low heat, stirring constantly until slightly thickened. Remove and cool. Fold in mayonnaise. Dice apples and combine with pineapple, celery, nuts, and marshmallows. Whip cream and fold into cooled egg mixture. Pour over fruit and mix thoroughly. Turn into 8-inch square pan and freeze.

Terry Lerew
Gardners

BLUEBERRY PIE FILLING

5 quarts blueberries
7½ cup water
5 cups sugar
1 teaspoon salt
1½ tablespoon lemon juice
Bring to boil:
2½ cup clear jel
2½ cup water

Stir together and add to boiling mixture. Cook until thick. Pour into jars. Water bath for 10 minutes. Makes 7 quarts.

J. M. Hege
Millen

STEWED APPLES

6 to 10 apples, peeled and sliced
½ cup brown sugar
1 teaspoon cinnamon
¼ teaspoon nutmeg
Dash of cloves
¼ cup raisins
½ to 1 cup water

Place all in crockpot and cook on low for 8 hours or simmer on stove top until soft (2 to 3 hours), stirring occasionally.

Terry Lerew
Gardners

PRETZEL SALAD

2 cups crushed pretzels, unsalted or salted
4 tablespoons sugar
1 cup melted butter

Mix together and press in a 13x9x2-inch pan. Bake at 375 degrees for 8 minutes. Meanwhile, mix together:

1 large box fruit-flavored gelatin
2½ cup boiling water

Add:

2 cups crushed berries
1 quart large can of fruit cocktail.

Let set until jelled.

Mix together:

8-ounces whipped topping
8-ounces cream cheese

Spoon the cream cheese mixture on top of the pretzel crust. Top with yellow mixture and let set in refrigerator.

Mabel Hoffer
Manheim

PEACHES & CREAM PIE

Peach halves served sunny-side up in a rich sauce.

Pie crust

¼ cup sugar
3 tablespoons flour
5 fresh peaches, peeled and halved
¼ cup whipping cream
¼ teaspoon cinnamon

Preheat oven to 450 degrees. Prepare pastry crust. Stir together sugar and flour; spread half of the mixture in a pie crust. Place each peach half cut side down on sugar (overlap halves if necessary). Sprinkle remaining sugar mixture over peaches. Pour cream over peaches, sprinkle with cinnamon. Cover edge with a 2 to 3 inch strip of aluminum foil to prevent excessive browning. Remove foil during the last 15 minutes of baking. Reduce oven temperature and bake 10 additional minutes. Bake 30 to 35 minutes or longer. Cool.

Katrina Weaver



Apple Parfaits, in their red, white and blue glory, are a great way to celebrate summer. Excellent for calorie watchers, the dessert is a light refresher perfect for warm-weather dining.

SCALLOPED PINEAPPLE

4 cups bread cubes
½ cup butter, melted
1½ cup sugar
3 eggs, beaten
½ cup evaporated milk

1 No. 2 can crushed pineapple
Place bread cubes in mixing bowl; pour butter over top. Toss until coated. Add sugar, eggs, milk and pineapple; mix thoroughly. Pour into well-greased 1½ quart casserole. Bake in preheated 350 degree oven for 40 minutes to 1 hour or until firm and browned. Serve with baked ham or ham loaf.

Jenny Bigelow
Blair Co.

RASPBERRY SHORTCAKE

2 tablespoons sugar
1½ teaspoon baking powder
¼ teaspoon soda
1½ cups sifted flour
¼ teaspoon salt
¼ cup butter
½ to ¾ cup milk
3 cups fresh or frozen raspberries
1 cup sour or heavy cream

Sift 2 tablespoons sugar with next four ingredients; blend in butter. Add enough milk to make soft dough. Spread raspberries evenly over dough. Sprinkle with 1 cup sugar; pour cream over top. Bake in preheated 375 degree oven for 40 to 45 minutes or until done. Serve warm.

Jenny Bigelow
Blair Co.

Featured Recipe

Carol Hostetter, a farm wife from McConnellsburg, has done some extraordinary things.

For one, she has compiled a cookbook "Favorite Recipes From Our Best Cooks."

It has 132 pages of her favorite recipes and those of the friends and acquaintances.

Interspersed between the recipes are colorful photos of food.

The thumb index contains information on equivalents, weights, measures and substitutions. It has a herb guide, six steps to a perfect pie, ways to use leftovers, recipes for crowds, seafood cookery, diet menus, freezing guide, stain chart and first aid and other helpful information.

If you would like a copy of the book, send your name and address with \$6 to Mrs. Eugene Hostetter, Rt. #2, Box 161-A, McConnellsburg, PA 17233.

To read more about Carol and the extraordinary things she does, turn to page B2. And don't forget to try her recipe for Swedish Meatballs.

Swedish Meatballs

2 pounds ground beef
2 eggs
1 cup dry bread crumbs
1½ cups milk
½ cup chopped onion
2 teaspoons salt
¼ teaspoon pepper
¼ teaspoon nutmeg
2 tablespoons butter
¼ cup flour

10½ ounces beef broth
1 teaspoon dill weed

Combine meat, eggs, crumbs, ¼ cup milk, salt, pepper and nutmeg. Mix lightly. Shape into small 1-inch balls. Brown in butter. Place meatballs in a 2-quart casserole. Reserve pan drippings.

Stir flour drippings and mix until well blended. Add beef broth, 1½ cups milk and dill weed. Cook until thickened stirring constantly.

Pour over meatballs. Bake in a preheated oven at 325 degrees for 20 minutes. Makes 10 servings.

Recipe Topics

If you have recipes for the topics listed below please share them with us. We welcome your recipes but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 366, Lititz, PA 17543.

Aug.

- 6- Jams and Jellies
- 13- Pickles and Relishes
- 20- Tomatoes
- 27- Zucchini and Squash